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New library opening 'soon'

Spring Garden location will open this fall, just maybe not Nov. 29 as online speculation suggested

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Movie star star-struck

Interstellar actor Michael Caine turns to fan-boy upon meeting famed physicist Stephen Hawking

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INDIEGOGO IS MUSIC TO THEIR EARS

HALIFAX MUSIC CO-OP LAUNCHES CAMPAIGN FOR MUSICAL INSTRUMENT LIBRARY

PAGE 6

'I think there's time for a pause'



Katie MacDonald is unhappy Christmas wreaths have started appearing along Barrington Street before Remembrance Day. JEFF HARPER/METRO

'Tis the season for remembrance? Halifax woman disappointed to see wreaths up before Nov. 11 in downtown



HALEY RYAN
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Christmas wreaths are going up along Barrington Street and other parts of downtown Halifax this week, but Katie MacDonald says they are far from putting her in a festive mood.

MacDonald, 23, works at a downtown business and said when she saw the wreaths on Barrington around 10 p.m. Monday night she was disappointed that the Downtown Halifax Business Commission (DHBC) didn't wait until after Remembrance Day out of respect for soldiers Cpl. Nathan Cirillo in Ottawa, Patrice Vincent in Quebec, and the RCMP officers in Moncton — all killed over the last few months.

"This year, I think it's just a little closer to home," said MacDonald, who grew up in Greenwood and whose father was

in the military. "Moncton was really hard, and then to have the Parliament shooting ... it's difficult to see that."

MacDonald said that although frustration over seeing Christmas decorations go up right after Nov. 1 has been building over the last few years, this month it felt especially important to reflect and take the recent shootings "into consideration."

"I think there's time for a

cause delays, so "logistically it's not feasible" to start after Nov. 11.

"These aren't big plastic Santa Claus or tacky ornaments. We feel this is a really nice way to beautify downtown," MacKinnon said. "We don't feel it's contradictory to anything that's happening around Remembrance Day."

MacKinnon said they get a couple of calls every year from people who want to wait until

Quoted

"As Canadians, we've gone through a lot of loss in the last year" Katie MacDonald

pause between Halloween and Christmas for a week, to be able to remember," said the former cadet.

Paul MacKinnon, executive director of the business commission, said Tuesday they always put up wreaths along Barrington, Lower Water, Argyle and Carmichael streets this time of year so that the area is ready for the Parade of Lights on Nov. 15.

MacKinnon said it takes about a week to put up the 175 wreaths on the street lamps, but rain and high winds can

after Remembrance Day, but they've never heard from veteran's groups or the military.

"We don't think it's disrespectful. We wouldn't do it if we thought that," he said.

MacDonald said that while she knows nothing can be done about decorations in commercial stores, the city "can be controlled" and that she would like to see Mayor Mike Savage ask the business commission to take the wreaths down and wait until after Nov. 11, especially since Halifax has a large army and navy population.



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74 years old

Dartmouth man dies of injuries after being struck in crosswalk

A 74-year-old man hit by a car in a Dartmouth intersection on Halloween night has died of his injuries.

Halifax Regional Police say William C. Lee of Dartmouth died in hospital on Monday night, from the injuries he sustained in the accident on Oct. 31.

The accident happened at the intersection of Portland Estates Boulevard and Portland Hills Drive just after 5 p.m.

"It's heartbreaking," said police spokeswoman Const. Dianne Woodworth.

Police say Lee was crossing in a crosswalk at the intersection when he was hit by a car driven by a 23-year-old man.

The victim sustained life-threatening injuries as a result.

A decision on whether the driver will be ticketed remains under investigation, she said.

"We are still looking for any witnesses who may have seen something and we are asking for them to come forward," Woodworth said.

This is the fourth fatal accident involving a pedestrian and a vehicle in 2014, according to Halifax Regional Police.

Three of those fatalities involved pedestrians being hit while in crosswalks.

PHILIP CROUCHER/METRO

For more local news, visit metronews.ca



Bruce Gorman, director of Central Library and Regional Services, walks along the top floor of the soon-to-be opened Halifax Central Library on Tuesday. JEFF HARPER/METRO

Library in 'final stages': Director

Halifax Central Library. No opening date set yet, despite online rumours



HALEY RYAN
haley.ryan@metronews.ca

Books are on the shelves. Fences around the building are down. Seats are in place in the Paul O'Regan Hall, and the director of the Halifax Central Library said Haligonians will hear about an opening date "soon."

On Tuesday, Bruce Gorman addressed recent online speculation that the new Spring

Quoted

"We just want to open it when we're ready."

Bruce Gorman, director of Halifax Central Library

Garden location would open Nov. 29 by saying he has always maintained the space would open "fall 2014."

"We're in the final stages, for sure," Gorman said. "They'll know soon."

During a tour of the library Tuesday, Gorman showed off five floors of new bookcases, spaces for computers, a teen area with a programming room and an area with video game consoles, as well as two walls with 5,000 pieces of art and re-

cording studios.

Returned books go up through a long black Willy Wonka-esque chute into the ceiling, and Gorman said self-serve checkout points and a spiral case for books on hold are among other new features.

Having lived in Halifax his whole life, Gorman said the speculation around when the library will open is likely because projects like this "only come around so often."

"The anticipation in the city

is palpable, and I think people are really excited to see how we're going to impact the city," he said.

Gorman said the views from the fifth-floor patio and a reading space overlooking Spring Garden Road are the most accessible places in the city to get a view of the harbour, Citadel Hill and most of downtown.

He added that Mi'kmaq and African Nova Scotian culture are represented with displays and an eight-pointed star surrounded by a circular bench.

The auditorium will definitely be open in early December, as CBC's *Definitely Not the Opera* (DNTO) with Sook-Yin Lee is booked there for a show Dec. 3.

1 NEWS



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England. Teen accused of blackmail, inciting child porn from local girl

A teenager in England has been arrested following an RCMP luring and extortion investigation involving an underage girl in Nova Scotia.

On Tuesday, the provincial RCMP said the Internet child exploitation unit (ICE) had investigated the case around a 17-year-old boy living in Dover, England.

Cpl. Robert MacDougall of the RCMP said the investigation began on Sept. 30 when a report came in from someone who knew the alleged victim.

Last Monday, police in Kent, England, searched the suspect's residence and arrested him.

RCMP said he is accused of luring and extorting an underage girl in northeastern Nova Scotia, and he is under investigation by the English police for blackmail, possession of indecent photographs of children and inciting child pornography.

The teen has been released

Quoted

"We've seen similar files to this in the past that have not had a happy result, and for us to get on this quickly and identify the accused ... is quite rewarding."

RCMP Cpl. Robert MacDougall

from custody under multiple conditions, and is due back in court on April 30.

MacDougall said the RCMP have handed over the investigation to U.K. authorities. It will be up to the Nova Scotia justice system to decide whether the 17-year-old should be extradited and charged in Canada, but MacDougall said that is unlikely.

HALEY RYAN/METRO

Dartmouth. No charges over reports of armed man

Police say there will be no charges after officers descended on a Dartmouth neighbourhood over the noon hour Tuesday following reports of a man on a bicycle with a firearm.

Halifax Regional Police said two calls came in at 12:06 p.m. about a man riding a bicycle with a possible firearm on his back.

He was seen cycling on Farrell Street heading toward Windmill Road.

Police said they flooded the area with officers and arrested a man in the 0 to 100 block of Albro Lake Road

Reasoning

Police said because there was no criminal intent, no charges are being laid against the man.

within 10 minutes of the calls.

In an update later on Tuesday, police said a 32-year-old man found the pellet gun in a dumpster on Jackson Road, put it in his backpack and was on his way home to call police so they could come and get it. **METRO**

Bridgetown

Man faces child porn charges

Halifax Regional Police have helped the RCMP in Nova Scotia with laying child pornography charges against a 44-year-old man.

According to a RCMP release, police in Halifax came forward with information that led to a search warrant being conducted at a home in Bridgetown on Oct. 23. Two laptops were seized in the search. Police arrested Kendall Longmire in connection with the case.

METRO

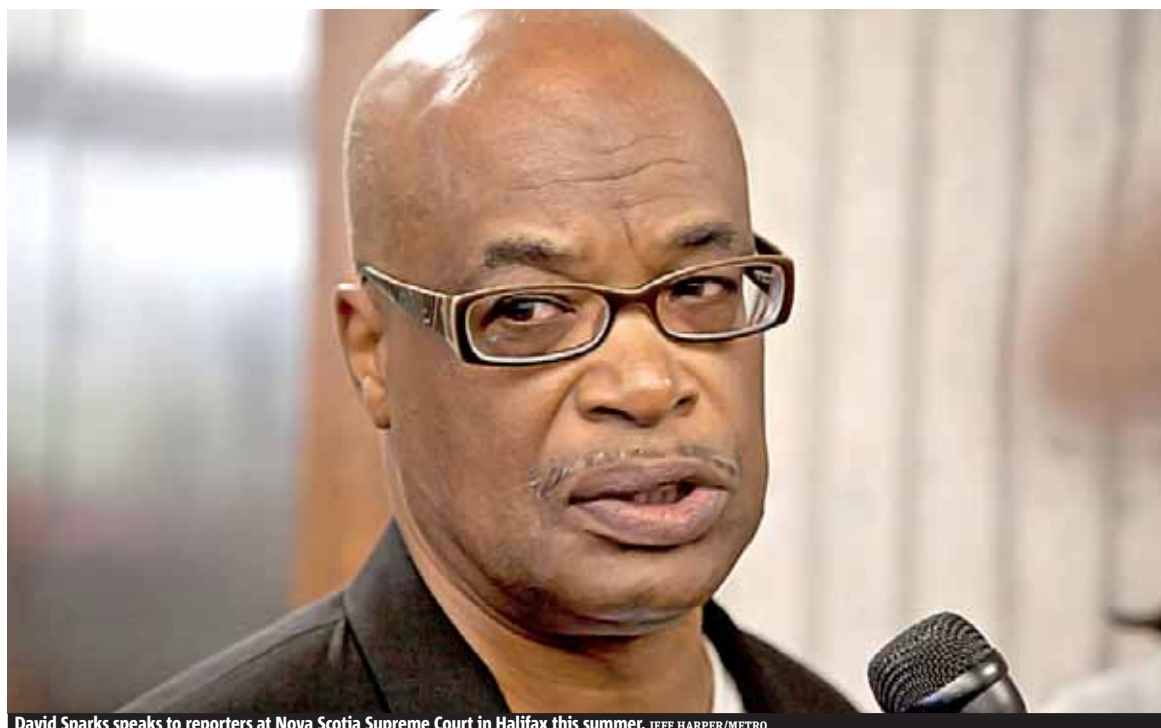
Shelburne County

Dad pleads guilty to assaulting infant son

A Shelburne County man charged in the 2011 assault of his infant son has pleaded guilty to charges of aggravated assault and failing to provide the necessities of life.

Adam Harold Hogg, 26, changed his pleas on the two counts last week in Nova Scotia Supreme Court.

The man will be sentenced on Jan. 9 in Shelburne. **SHELBURNE COAST GUARD**



David Sparks speaks to reporters at Nova Scotia Supreme Court in Halifax this summer. JEFF HARPER/METRO

Case of publication ban breach adjourned

Victim ID. David Sparks being represented by wife of Lyle Howe, the man who was convicted of sexual assault earlier this year

Quoted

"The publicity of Mr. Howe's matter is likely what gave rise to this having so much attention."

Laura McCarthy, lawyer for David Sparks

he posted on social media the name of the victim in the case.

The identity of the victim was protected by a publication ban after a charge was filed against defence lawyer Lyle Howe, who was sentenced to three years in prison in July after being found guilty by a jury of sexually assaulting a 19-year-old woman in March 2011.

The case of a man charged with violating a publication ban in a sexual assault trial in Halifax has been adjourned until Dec. 11.

David Winslow Sparks, who did not appear in provincial court Tuesday, was charged in September after police alleged

Howe's lawyer has filed an appeal in that case.

Outside court Tuesday, Sparks's lawyer said she has received the Crown's disclosure but has yet to read it.

"It's kind of an interesting charge. If you look on the Internet you see breaches of publication bans all the time," said Laura McCarthy, who is also Howe's wife.

As to the nature of the alleged online breach, McCarthy said, "I believe it was a post on Facebook.... I believe that it was re-posted by many other individuals in different forms. It kind of leaves the question in my mind about whether those are also breaches of the publication ban."

McCarthy said she hasn't read the post and it has been taken down.

She also said she doesn't believe her representation of Sparks is a conflict of interest because the charge does not relate directly to Howe's case.

Sparks, 62, has not entered a plea. **THE CANADIAN PRESS**

Double stabbing between roommates: Cops



The intersection of Novalea Drive and Duffus Street. JEFF HARPER/METRO

It's now double trouble for the two men involved in a bizarre double-stabbing case in the city's north end.

Halifax Regional Police say the two stabbings that took place five hours apart on Sunday night and early Monday were a result of each victim stabbing the other.

"It's not something I have seen very much," said police spokeswoman Const. Dianne Woodworth.

Police were first called after a 36-year-old man was stabbed

The suspects

Darren Donald Burke, 44, and Paul Shane Miller, 36, are each charged with attempted murder, aggravated assault, assault with a weapon and possession of a weapon for a dangerous purpose.

inside an apartment in the 3300 block of Novalea Drive around 9:30 p.m. Sunday. The victim had been stabbed several times

and taken to hospital where he was treated and released.

Then just after 2 a.m. Monday, police allege the victim took matters into his own hands and stabbed the 44-year-old suspect — who was also his roommate — at Novalea Drive and Duffus Street.

The victim in the second stabbing suffered several stab wounds to his torso.

"They are roommates and got into some sort of altercation," Woodworth said.

PHILIP CROUCHER/METRO

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News to blow your own horn (or other instrument) over

Music to music lovers' ears ...

Halifax Music Co-op launches fundraiser for new musical instrument library



RUTH
DAVENPORT

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The Halifax Music Co-op has already made music accessible to hundreds of people, but now it's embarking on a campaign to take down a barrier for even more would-be artists-in-waiting.

"The biggest thorn in the side that still holds things back is the ability to be like, 'Here's an instrument,'" said the co-operative's executive director John Bogardus Tuesday. "We've got the lesson program, we've got the ensembles for you to play the music in ... there are workshops — but you have to find a violin."

The Halifax Music Co-operative (HMC) has launched a crowdfunding campaign on Indiegogo looking for \$10,000 to launch a musical instrument library.

Bogardus said the idea is simply to make instruments

How to help

To donate, visit indiegogo.com/projects/build-halifax-an-instrument-library.

- Donations of money or instruments can also be made by emailing join@thehmc.ca or calling 902-483-4825.

readily available to anyone who wants to play, but can't afford to buy or rent their own instrument; or to give someone already involved in music a chance to try their hand at something new.

"A lot of times, you buy an instrument, and you're stuck with it," he said. "So we have a lot of people who ... take (an instrument) for a term and they go, I got a lot out of that, but it has helped me discover that my passion is over here."

Giving low-income residents access to music is a top priority of the HMC. It offers memberships on a "pay-what-you-can" basis and tickets to their performances are often discounted.

Renting musical instruments can cost anywhere from \$20 to \$80 a month, and although some HMC members have gone that



John Bogardus, music director of the Halifax Music Co-op, holds a tuba in front of the group's Barrington Street location on Tuesday. JEFF HARPER/METRO

route in order to be able to play, Bogardus said it's simply not realistic for everyone.

He said a musical instrument library gives everyone

the opportunity for artistic expression, whatever their financial circumstance.

"We are so privileged in the west to be able to experi-

ence music at all," he said. "To extend that privilege so easily to absolutely anyone who knocks on the door, to me, is so exciting."

Anyone interested in helping support the library can donate money or a used instrument. The crowdfunding campaign closes on Dec. 19.

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Remembrance Day

Please be advised that there will be no garbage, organics or recyclables collection services on Remembrance Day, Tuesday, November 11th, 2014. Collection services for that day will be provided the preceding Saturday, November 8th.

Collection Services can begin as early as 7am. To ensure collection please place materials curbside the evening prior to collection day.

No Collection Remembrance Day Tuesday, November 11th	➔	Collection will occur the preceding Saturday, November 8th
Otter Lake Facility Closed Tuesday, November 11th	➔	Otter Lake Facility Open Saturday, November 8th, 7am – 7pm
HRM Recycling Plant Closed Tuesday, November 11th	➔	HRM Recycling Plant Open Saturday, November 8th, 7:30am – 6pm
Household Special Waste Depot Closed Saturday, November 8th	➔	Household Special Waste Depot Open Saturday, November 15th & 22nd, 9am – 4pm

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Round and round and round you go in the city's roundabouts



Construction of a new roundabout continues on Tuesday on the corner of Agricola and Cunard streets.
JEFF HARPER/METRO

Do you know your etiquette? City close to opening newest roundabout, drivers get some tips



RUTH DAVENPORT
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With seven roundabouts already built in HRM and two more underway, city officials are urging residents not to get too worried about the non-signalized traffic circles.

The city issued a release this week reminding residents of the correct use of roundabout safety ahead of the opening of a new roundabout on North Park Street.

HRM spokesperson Jennifer Stairs said it was done to spell out the relatively simple rules for using the roundabouts.

"It was just to remind people because they do

In numbers

9

The number of roundabouts in HRM, including the almost-completed North Park and Cunard circle.

think Armdale Rotary when they hear roundabout, and that does freak out a lot of people because we're talking about multiple lanes and many different arms feeding into that," she said. "So we just want to make it as simple as possible because it really is a lot simpler."

Regional council directed staff in 2010 to consider roundabouts at any intersection upgrades where it's appropriate.

Provincial traffic engineer Keith Boddy said the roundabouts cost about the same as a signalized intersection, but have several benefits including less severe accidents.

"Typically the T-boning

and head-on collisions are reduced almost to the point of being non-existent," he said.

"Through slower operating speeds, drivers are travelling much slower and they're not colliding at such high rates of speeds."

Because delays are reduced at roundabouts, he said they also help reduce idling and backups on connecting streets.

The province has replaced 25 conventional intersections with roundabouts since 2006, and another is being installed in Fall River.

Despite the advantages, Boddy said they can cause some anxiety when they first appear.

"It boils down to a yield sign. You enter when it's safe, you proceed around the centre island and take your exit," he said. "We want to keep people's mind on the fact that the driver task is a series of decisions, but it's nothing to be afraid of."

Latest findings

More people without kids using N.S. food banks, report finds

A new report into Canadian food bank usage shows people who don't have kids are using the service more in Nova Scotia.

Feed Nova Scotia says 19,644 people used food

banks in March of this year, for a drop of about 10 per cent, according to the national survey HungerCount.

But Feed Nova Scotia says people who don't have kids made up 65 per cent of their recipients for the surveyed month, up from 57 per cent.

Across Canada, a record total of 841,191 people used food assistance in March, up slightly from a year ago.

In numbers

9,405

The number of households in Nova Scotia assisted by food banks in March, according to HungerCount.

Nova Scotia was one of just four provinces to show an overall decrease — the others were Ontario, New Brunswick and Prince Ed-

ward Island.

"These numbers highlight the need for better support systems for single people and couples without children," Nick Jennery, Feed Nova Scotia's executive director, says in a statement.

Jennery also points out food bank usage is up 16 per cent overall in Nova Scotia when compared to the HungerCount survey done in 2008. **METRO**

Energy research

Province in talks with Irish firm to expand tidal research centre

The Nova Scotia government is in talks with an Irish firm about adding another berth at a tidal energy research centre in the province.

Energy Minister Andrew

Younger says DP Energy is interested in installing a 4.5-megawatt tidal stream demonstration power plant.

It would be located at the test site for the Fundy Ocean Research Centre for Energy in Parrsboro. The government says there are four other tidal energy projects planning to test new technologies at the research centre, which is also known as FORCE.

THE CANADIAN PRESS

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Four of five

Plenty of locals added to Order of Nova Scotia

The latest names to be inducted into the Order of Nova Scotia were announced Tuesday, and they include four people from the Halifax region.

Acclaimed pediatrician Dr. Richard Ballon

Goldbloom of Halifax, mental-health expert Dr. Stan Kutcher of Herring Cove, well-known educator Wanda Bernard of East Preston and respected scholar and researcher Ruth Whitehead of Halifax were among the five people named by Premier Stephen McNeil.

The other is acclaimed poet Walter Borden of New Glasgow.

PHILIP CROUCHER/METRO

Toxic material

Derelict ship holds far more asbestos, diesel than thought

Nova Scotia's transportation minister says asbestos levels found on a derelict ship stranded off Cape Breton are almost five times greater than what the federal government estimated.

Geoff MacLellan says the company tasked with removing the MV Miner has taken 30 tonnes of asbestos from the vessel to date — far more than the 6.6 tonnes of asbestos that federal reports said was estimated to be on the ship.

MacLellan says a significant amount of diesel fuel has also been found after a previous federal study said there was none left on the vessel. **THE CANADIAN PRESS**

Dingwall

Man slapped with dozens of charges after traffic stop

RCMP in Nova Scotia have charged a 29-year-old Sydney Mines man with over two dozen Criminal Code charges after a traffic stop in the Dingwall area Sunday afternoon.

The driver, Leonard

Joseph Groves, was arrested for impaired driving by alcohol and drugs.

Further investigation found Groves to be breaching conditions of his house arrest.

During the arrest, a search of the vehicle turned up a .22-caliber rifle and ammunition, a prohibited weapon (butterfly knife), a small quantity of a codeine pill and drug-use paraphernalia. **CAPE BRETON POST**

Province rethinking e-cigs bill

Flavoured-juice ban.

McNeil swayed by those who say e-cigarettes helped them quit



Premier Stephen McNeil METRO FILE

The Nova Scotia government has signalled it's having second thoughts about parts of legislation that would regulate the use and sale of e-cigarettes.

Premier Stephen McNeil said Tuesday that the government is considering amending a bill that proposes to ban flavoured juice in e-cigarettes following testimony from a number of ex-smokers who say the devices helped them quit.

McNeil said he was moved by testimonials from many who appeared before a legislative committee Monday.

"I think we need to listen to that, recognize that and put that in the context of the entire piece of legislation," said McNeil.

Health Minister Leo Glavine said any changes would likely involve the ban on flavoured juice — and not a prohibition on the use of e-cigarettes and water pipes in indoor public places.

Glavine said an amendment proposed by the NDP to remove an exemption for menthol-flavoured tobacco would also be considered.

He said he expects any amendments would come before the legislature as early as Thursday. **THE CANADIAN PRESS**



I guess you could say I have a 'high-powered' job

Nova Scotia Power workers work on a wooden support structure near Flat Lake on Tuesday. **JEFF HARPER/METRO**



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Employment. Official with Bank of Canada tells youth to take on unpaid work

The Bank of Canada governor is recommending jobless young people seek unpaid work as they wait for the economy to recover.

Stephen Poloz says young Canadians struggling to find work should add more experience to their CVs by volunteering in their area of expertise.

Speaking to a House of Commons committee, Poloz predicted it will take up to two years for hiring to catch up with the economy.

Poloz's remarks come a day after he said in a speech that 200,000 young Canadians are out of work, underemployed or back in school trying to improve their job prospects.

In Monday's address, Poloz

said he bet almost everyone in the room knew at least one family with adult children living in the basement.

Poloz says recent graduates who have not been able to enter the workforce will have to compete for jobs against the fresh crop of new grads that arrive after them.

Liberal MP Scott Brison asked Poloz whether he thought unpaid internships were more of a benefit for wealthier youth because young people from a lower-income background can't afford to work for free.

Poloz acknowledged it was an issue with unpaid work, but he recommended young people take the opportunities when they are available.

THE CANADIAN PRESS

Manitoba

'Naked judge' loses bid to avoid disciplinary hearing

A Manitoba judge whose nude pictures were posted online has lost a bid to quash a disciplinary hearing that could result in her removal from the bench.

A panel of judges appointed by the Canadian Judicial Council has dismissed a motion from the lawyer for Associate Chief Justice Lori Douglas to throw the case out. Sheila Block compared

Douglas to celebrities such as Jennifer Lawrence or Scarlett Johansson, whose nude photos were hacked, or to a rape victim who is subsequently shunned. Block argued the panel shouldn't put Douglas through more trauma because she was a victim of cyber sexual assault.

The panel rejected Block's argument, along with one that suggested they shouldn't see the racy photos because that would violate Douglas's privacy.

The panel is expected to post written reasons for its decision within days.

THE CANADIAN PRESS

Teen pimp sentenced to more than 6 years

Ottawa. Judge calls 18-year-old's crimes 'heinous, premeditated and well organized' as victims, families shed tears in court over result



An 18-year-old woman who, at age 15, preyed on young girls in Ottawa and forced them into prostitution was given an adult sentence of six and a half years in custody Tuesday after a judge read a scathing summary of her "vile" crimes in 2012.

The woman was convicted in January of 27 out of a total 32 charges after Justice Diane Lahaie heard testimony from five victims who relived the horror in court.

The court also on Tuesday lifted the ban on publishing her name: Kailey Oliver-Machado.

Some were drugged, while others were beaten or had their clothes forcibly removed to have nude photographs texted to johns.

One girl who brought "teddy bear" pajamas to what she thought was a friend's sleepover was instead given a change of provocative clothes and delivered to johns in underground taxis to perform



Det. Carolyn Bottling, left, and Det. Kelly Lyle said the victims are happy with the six-and-a-half-year sentence given to an 18-year-old woman who lured young girls into a teen prostitution ring in Ottawa in 2012. JOE LOFARO/METRO IN OTTAWA

sex acts.

Oliver-Machado was found guilty of charges that included human trafficking, making and possessing child pornography, sexual assault, assault and forcible confinement.

Lahaie credited her for time served in jail, so she will serve just under three years in a correctional facility.

Defence lawyer Ken Hall had tried to protect his client by asking for a youth sentence, but the judge sided with the Crown's request that Oliver-Machado be sentenced as an adult.

"Her crimes were heinous, premeditated and well organized," said Lahaie. "Her actions were the product of a mind which was far more advanced than her age."

The decision brought tears of joy to the victims and their families in the courtroom. One of the teen victims whispered, "I'm not scared anymore."

Hall told reporters he is contemplating an appeal of the adult sentence.

The two co-accused, who were 15 and 16 at the time of their arrest in June 2012, entered mid-trial guilty pleas

in September 2013. Oliver-Machado pleaded not guilty.

Before letting her go, Lahaie told Oliver-Machado that she can move on from her "despicable" crimes, but the path to rehabilitation has to start within.

"It begins with your desire to change. And it is my hope that you will be rehabilitated as you are very intelligent and resourceful," said Lahaie.

"You could, if you choose to do so, make a positive contribution to society and live a pro-social and happy life. I wish you all the luck."

Iraq. Commander details results of Canada's first airstrikes against ISIL

Canada's overseas operations commander has lifted the veil on the secrecy surrounding the air force's first bombings mission in Iraq.

Lt.-Gen. Jonathan Vance says CF-18 strikes on Sunday destroyed construction equipment that militants were using to develop defensive positions near Fallujah, west of Baghdad.

The militants were also reshaping a local dam, flooding nearby land to force Iraqi forces onto roads that had been mined and to deny locals a water supply.

Vance won't say if any members of the Islamic State of Iraq and the Levant (ISIL) were killed, but says there were no civilian casualties.

The update comes amid published U.S. reports that suggest the war plan to beat back ISIL, also known simply as the Islamic State, will stretch until at least the end of 2015.

The New York Times reported over the weekend that a major counteroffensive by Iraqi forces, backed by American advisers and coalition air power, won't begin until the spring.

The goal will be for Iraqi and Kurdish Peshmerga fighters to cut off the enemy's Syrian supply routes, isolating them in strongholds such as Mosul before they can driven out — something that likely won't happen until the end of next year. THE CANADIAN PRESS

Jian Ghomeshi

CBC announces lawyer will lead investigation

A Toronto employment lawyer with expertise in workplace harassment will lead an independent investigation into the scandal that has erupted around Jian Ghomeshi, former host of the radio show Q, the CBC said Tuesday.

In an email to staff, executive vice-president Heather Conway said Janice Rubin would begin her work immediately.

Conway urged anyone who worked on Q or an earlier Ghomeshi show called Play to contact Rubin with complaints, concerns or experiences involving inappropriate workplace conduct. THE CANADIAN PRESS



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Thousands in Sierra Leone break quarantine to find food

Overlooked 'nooks and crannies.' With deliveries not reaching some West African regions, Ebola patients are forced to gather their own resources

Thousands of people in Sierra Leone are being forced to violate Ebola quarantines to find food because deliveries are not reaching them, aid agencies said.

Large swaths of the West African country have been sealed off to prevent the spread of Ebola, and within those areas many people have been ordered to stay in their homes.

The government, with help from the UN's World Food Program, is tasked with delivering food and other services to those people. But there are



Parcels, parts of an Ebola treatment centre waits to be loaded onto an airplane bound for Sierra Leone at Schoenefeld airport south of Berlin on Tuesday. ODD ANDERSEN/AFP/GETTY IMAGES

many "nooks and crannies" in the country that are being missed, Jeanne Kamara, Christian Aid's Sierra Leone representative, said Tuesday.

The Ebola outbreak in

West Africa has killed nearly 5,000 people, and authorities have gone to extreme lengths to bring it under control, including the quarantines in Sierra Leone. Similar restrictions

have also been used in Liberia and Guinea.

Some efforts have begun to show progress. The situation in Guinea is improving, as is the quality of care for

Ebola patients, thanks to international aid, said Aoubakar Sidiki Diakite, an official with the country's Health Ministry, who was visiting Paris on Tuesday.

But more treatment centres and medical teams are still needed, the World Health Organization said at a news conference in Geneva on Tuesday. There are currently 16 treatment centres up and running and 58 more planned. To staff those centres, 500 foreign health care workers and 4,000 national ones are still needed.

In October, the World Food Program fed more than 450,000 people in Sierra Leone, including people who are under quarantine or being treated for Ebola, said Alexis Masciarelli, a spokesman for the agency in Dakar, Senegal. The distribution of food has been difficult, he said, since it has required bringing food to remote areas by poor roads.

THE ASSOCIATED PRESS

Thailand. Student insults king, gets jail time

A Thai court sentenced a university student to 2-1/2 years in prison on Tuesday for posting a Facebook message the court said insulted the country's king.

A Criminal Court judge found 24-year-old Akkaradet Eiamsuwan guilty of violating Thailand's lèse majesté law, which punishes people who defame, insult or threaten the monarchy.

The ruling said Akkaradet used an alias to post the message online in March. He was arrested in Bangkok in June and has been in jail since.

The court said it reduced an original sentence of five years imprisonment to 2-1/2 years because the defendant had confessed to the offence.

Thailand's lèse majesté law is the world's harshest, with jail terms of three to 15 years. THE ASSOCIATED PRESS

Oscar Pistorius

Prosecution files conviction appeals

Prosecutors in the Oscar Pistorius case filed appeal papers Tuesday, saying they believe a judge did not correctly apply the law when she found the Olympic athlete not guilty of murder for shooting girlfriend Reeva Steenkamp.

Prosecutors also said they were appealing against the five-year prison sentence Pistorius was given for manslaughter.

THE ASSOCIATED PRESS

Rebuilding

Reconstruction of Gaza begins: UN

The United Nations says that a program to reconstruct the Gaza Strip after this summer's 50-day war with Israel has begun.

Middle East peace process co-ordinator Robert Serry said the program started Monday with the sale of construction materials to 700 Gaza residents whose homes were damaged. Palestinian estimates say that as much as \$6 billion will be required to repair the damage.

THE ASSOCIATED PRESS

Harassment. Ex-Playgirl model alleges workplace failed to stop torment

A company that helps businesses handle personnel issues denies it forced one of its employees out of his job after it was discovered he had posed nude in Playgirl magazine.

Daniel Sawka filed a federal civil rights lawsuit in May 2013 against Roseland, N.J.-based ADP Inc., alleging sexual harassment. Sawka worked as a regional sales manager for ADP, which offers workforce management services, including payroll services and human resources management, for other companies and says it has over 610,000 clients worldwide.

Sawka alleges he was subjected to constant jokes and ridicule at work after a woman in his office discovered he had posed nude in the early 1990s in a lumberjack-themed spread for Playgirl and found the photos online.

Sawka, 49, said his co-workers continued to download the pictures at work even after he implored them not to and to "leave me alone."

He said company employees brought the issue up during a dinner in New York honouring Sawka for his job performance and during a

company outing to a New York Yankees game.

He said he went to the company's personnel department in February 2011 and was promised the company would take appropriate actions.

He alleges the company failed to end the ongoing sexual harassment, and was "constructively discharged," a legal term meaning work conditions were so intolerable he was forced to leave in March 2011.

"The sexual harassment ... that included managers participating in the sexual harassment, condoning it and failing to stop it caused (Sawka) to be treated unequally when compared to similarly situated sales managers," the lawsuit says.

The company, in its response, denies there was a "pattern and practice" of jokes, sexually charged comments and ridicule. It also says it "exercised reasonable care to prevent and correct promptly any alleged harassing behaviour."

Sawka is seeking damages for lost pay and benefits and emotional distress.

THE ASSOCIATED PRESS

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Would you prefer \$15-per-day child care or tax breaks?

Food Banks Canada. Group argues affordable, regulated child care would be more helpful to struggling families than tax benefits

higher than it was before the devastating global recession in 2008.

Among other recommendations, the report says the federal government should replace "the current alphabet soup" of child tax benefits with a new child well-being benefit that targets the most vulnerable families.

And it calls on federal and provincial governments to invest in predictable, stable funding for affordable, regulated child care, enabling parents to enter or remain in the workforce.

Canadian food banks are wading into the hot political debate over how best the federal government can help families with kids: give them tax breaks, as the Conservatives are doing, or invest in regulated child care, as the NDP proposes.

In its annual HungerCount report, Food Banks Canada comes down squarely on the side of the NDP.

It says the use of food banks remains 25 per cent

The report comes just days after Prime Minister Stephen Harper announced a family tax package, which includes enhanced child tax benefits and income splitting — a measure economists say will benefit primarily wealthy

Food bank users

According to the Food Banks Canada report, households with children are the biggest users of food banks.

- Almost a quarter of those helped are two-parent families.
- Children make up 37 per cent of food bank users.

couples with kids.

The Conservatives have said their plan will allow parents to choose what's best for their kids and have disparaged the NDP's proposal to invest \$5 billion a year to create one million, \$15-per-day child care spaces.

THE CANADIAN PRESS



Visa, MasterCard cut fees for merchants

Visa and MasterCard have agreed to reduce the fees they charge merchants for using credit cards, to an average effective rate of 1.5 per cent for the next five years. The reduction amounts to a 10 per cent cut. The reduction will be welcomed by small merchants, but one senator, who's been advocating for regulation of interchange fees, calls the cut "practically meaningless." Senator Pierrette Ringuette points out that Visa and MasterCard spiked rates by 25 per cent in the past two years. The announcement Tuesday comes more than a year after the federal Competition Tribunal ruled that Visa and MasterCard were being anti-competitive by charging excessive swipe fees and called for government regulation.

RYAN REMIOWZ/THE CANADIAN PRESS



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Analysts warn

Scotiabank cuts could be sign of things to come


Widespread cost reductions at Scotiabank, which include plans to cut 1,500 jobs, could be a sign of changes to come in, several analysts suggest. The move has some wondering if the rest of Canada's banks will make similar adjustments to their operations, as underperforming regions and slower overall growth add pressure to results. THE CANADIAN PRESS


From Netherlands


Russian accused of hacking to be extradited to U.S.


The Dutch government has approved the extradition to the United States of a Russian citizen accused of participating in a hacking ring that penetrated computer networks of more than a dozen corporations and stole at least 160 million credit and debit card numbers. THE ASSOCIATED PRESS

Market Minute

 **DOLLAR**
87.64¢ (-0.41¢)

 **TSX**
14,390.43 (-147.19)

 **OIL**
\$77.19 US (-\$1.59)

 **GOLD**
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Natural gas: \$4.15 US (+\$0.11)
Dow Jones: 17,383.84 (+17.60)



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WHEN SCANDAL HITS: TUNE IN OR OPT OUT?

Last week was super-productive: On Monday, and Tuesday, and Wednesday, I got more work done than I usually have by Friday.

I was on deadline-lockdown, also known as “desk-jail,” which means turning on the Internet-blocking program Freedom for hours at a time to focus more on my own stuff and less on everyone else’s Twitter feeds. But last week the Internet was almost totally unavailable for me.

The news cycle was, of course, dominated by Jian Ghomeshi, and many women, and many other people’s ideas about Jian Ghomeshi and many women.

Usually, I’d be all over it, reading every article, watching the relevant hashtags build and mutate, and refreshing Twitter as fast as my pro-level Internet-finger can click. Usually, I’d find myself emerging after a scary news cycle and subsequent social-media cloudbursts with a headache and a handful of peanut M&Ms.



GUEST COLUMN

Kate Carraway

metronews.ca

Instead, this time, I just ... didn’t. I opted out. The circumstances of my work schedule suddenly collided with the fact that, as I get older, I get incrementally smarter about what I need to do (and see and read).

It doesn’t mean I didn’t have anything to say; on one of the sub-topics of last week’s news I had a lot to say about the very specific ideas some people seem to have about what women should or usually do after being assaulted — all of it demonstrating a profound misunderstanding and lack of empathy about what other people’s experiences might be like — but found myself disinclined to say it.

I didn’t tweet about what everyone else was tweeting about, except something to the effect of “not reading the news is great.”

While my friends and colleagues got way into the details — look, I was still checking my Twitter “Must Read” list — I instead thought almost exclusively about my own life and work.

I started to think of the disengagement as something else, something active rather than passive — even something radical. I was choosing to *do something else*.

It’s not as though reading the news or even staying super-current is any kind of problem itself. The problem, which I discovered when I accidentally solved it (thank you, deadlines), is the common idea of having to consume news at the rate it expands and becomes available. By now, the news “cycle” either doesn’t exist or happens every few seconds, and when that news is particularly upsetting or affecting (which varies from person to person) it can’t be consumed in the way we’ve gotten used to, which is to be immersed in everything, always.

It’s not that I won’t take on anything that involves negative energy — which is fundamental to being alive — but I want and probably need to better manage the volume and veracity of information for information’s sake (or gossip’s, or random curiosity’s). Now, if I’m not being informed or edified, I’m opting out.

Paul Sullivan returns next week with *Just Sayin’*.

Cloudbusting



A fallstreak hole forms in the sky over Wonthaggi, Australia, Monday. A fallstreak hole is a circular gap that appears in high clouds, when a section of the cloud freezes. The ice crystals are heavy, so they fall out of the cloud, leaving a hole. It is a relatively rare phenomenon. LEESA WILLMOTT/THE ASSOCIATED PRESS

Fallstreak hole stirs the imagination down under

A bizarre cloud over parts of Australia caused a flurry of concern and awe on social media.

The rare cloud, known as a fallstreak hole, appeared on Monday over the Wonthaggi, in the Gippsland area of Victoria, flecked with colour and giving the appearance of a hole in the sky.

Michael Efron from the Bureau of Meteorology’s duty forecaster, said that the phenomenon is also known as a punch hole cloud.

“They form when the water temperature in the cloud is below freezing, but the water has not yet frozen due to a lack of ice nucleation particles,” Efron told Fairfax Media. DAILYMAIL.CO.UK

Wild theories

In May the same type of cloud formed in Northern California, sparking conspiracy theories.

- “So the @WhiteHouse wants you to believe what happened over the skies of Stockton yesterday was a ‘cloud formation’? GTFOH #iKnowWhatISaw,” tweeted one user.
- Others pointed to government controlled weather manipulation and worm-holes for the cloud’s unusual appearance.

MetroTube



Mother knows best

ANDREW FIFIELD
andrew.fifield@metronews.ca

Are you excited for Christopher Nolan’s *Interstellar*? Because we sure are. And so is a YouTube video editing ace who had his noob mother watch *Inception* and provide us with her slightly askew version of the plot. Perhaps in deference to the film’s content, she also implants ideas of Matt Damon and Jennifer Lawrence as perfect co-stars in our heads. **BAHM!** (PixelsPerSecond/YouTube)



SCREENGRAB

Twitter

@metropicks asked: **CBC wants to know your thoughts on the future of Q. Who do you think should replace Jian Ghomeshi as host? #QTheFuture.**

@MyroneDelacruz: Master T or @sookyinlee

@Mausheimer: Hire BILLY BOB!!!! He’s got the gravy! He’s smart, brave, multi talented, can write his own essays, and he’s a musician!

@ChillBQ: Would be great to see @NirmalaNaidoo get the role.

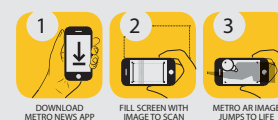
@stuckinoregon: The shows this week are as powerful as ever & benefit from not being tied 2 the star quality of a particular person #QtheFuture



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On film

Interstellar's reel deal

Today marks a milestone: a film is being released on film. Interstellar hits theatres today — just not even close to all of them. That may seem odd, given that it's one of the most highly anticipated movie events of the year: the latest from brainy blockbuster-maker Christopher Nolan.

Yet the only theatres getting it are the ones that never threw out their film projectors (and who still have the staff who actually knows how to work these rickety contraptions). Starting today one can see Interstellar in good, old-fashioned, grainy and dangerously combustible 35mm as well as super-sized 70mm IMAX. The ones that converted entirely to digital, which is nearly all of them — don't get it till Friday.

This bold move is a strong push-back against the digital wave that has almost entirely consumed modern movie watching. Grand gestures like this Interstellar brouhaha help create film awareness — even if, one could argue, it turns the medium into a William Castle-style gimmick.

Interstellar indeed looks great on 70mm. Its early scenes on Earth — the film, incidentally, is about Matt McConaughey and Anne Hathaway searching through the cosmos for a planet to replace the dying Earth — are sometimes impossibly dark. But once it gets to space you can not only see the majesty, but feel it. It looks real — it looks like film. **MATT PRIGGE/METRO**

Caine gets big bang out of Hawking

Movies. Meeting the physicist turns Interstellar star into a giddy fanboy



**NED
EHRBAR**
Metro in Hollywood

What does it take for Michael Caine to get star-struck? Meeting Stephen Hawking. And he recently got to do just that. Caine's work in Christopher Nolan's new film, Interstellar, gave him the chance to become friendly with theoretical physicist Kip Thorne, who in turn introduced Caine to Hawking — who himself only had one thing on his mind, as it turned out: Caine's wife.

When Christopher Nolan explained this project to you, how did you wrap your head around it?

Well, I was fascinated by it because I knew Kip Thorne's book about black holes and all that stuff, and then I found out that Kip Thorne was the technical adviser and that I was going to be — really, not playing Kip Thorne the person — but a Kip Thorne character. That's why I grew a beard; I wanted to look like Kip. And then he introduced me to Stephen Hawking, who came and saw the movie! I was so stunned, I nearly burst into tears. I mean, meeting Stephen Hawking, my God. It was incredible.

What was your interaction with him like?

He can hear every word you say, but he can only reply on the computer with a muscle in his eye. One muscle in the corner of his eye, it's down to that. I met him in the corridor with Kip, and Kip said,



Interstellar, one of the most anticipated films this month, stars Michael Caine, Matthew McConaughey and Anne Hathaway. **CONTRIBUTED**



Michael Caine **CONTRIBUTED**

"Stephen's got a message for you." I said, "What is it?" He said, "He wants to meet your wife." He loves the ladies. I introduced him to Jessica Chastain, Anne Hathaway, my daughters. Every pretty girl that was around, I introduced him to the lot of them. He had a great time.

Getting to work with Kip had to be an added bonus, as well.

Also it's a mine of information for someone like me. I'm not an expert on astrophysics. I mean, I know quite a lot about it, of course, but I'm not an expert. There were black holes, but then there were wormholes, and I didn't understand that. You realize how dumb you are. I was all right up until the third dimension, then the fourth dimension. And then when we got to the fifth dimension, I got confused. But the people younger than me can understand it, I'm sure.

At what point do you just assume that you're the voice of reason in Christopher Nolan's head?

I seem to be that all time, don't I? I'm always the one who's sort of there representing the people who stayed behind. Like in Batman, I was the realist, saying, "You're going to do

what? You're going to put on a suit and go to the top of the building?" I seem to represent the people on Earth who don't go out and actually do the things. But in some cases, as in this picture, I'm the one who thinks it up.

Maybe next time he'll let you go on the mission.

No, I'm too old. I'm 81 now. By the time we do another I'll probably be 84. No, I think it could work, we'll see what he gets up to. You never know where Chris is going to come from. I've done it six times now, and I'll do it a seventh if he comes up with one. He will, and I'm hoping there will be something in it for me.

At this point, it would be rude of him not to include you.

Yeah, he's got to do it, hasn't he, really? Otherwise he'll upset an old guy.

Just in time for Christmas



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HEADS UP
HALIFAX

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DISH

15



Ariana Grande GETTY IMAGES

Sending a great pumpkin is not the way to Ariana's heart

Sometimes a fan loves Ariana Grande so much that the young singer has no choice but to call the cops on him. At least that was what happened when Tim Normandin, a 29-year-old man from Lowell, Mass., didn't heed her record company's request that he stop sending Grande outlandish and odd gifts, according to TMZ. Among the tokens of his affections? Eight Yankee Candle Company candles, calendars featuring puppies and kittens, a three-piece mirror set from Kmart, a \$200 anklet from Kay Jewelers, a rock he picked up in New Hampshire's White Mountains and, best of all, a 42-and-a-half-pound pumpkin, which is apparently not the way to a pop star's heart after all. Huh.

Ah-nold's boy has been creeping Miley since 2011

Miley Cyrus is reportedly now dating Patrick Schwarzenegger, son of the Governorator himself and Maria Shriver, according to E! News. Now, some sources say they're "casually dating" while others say they're "just good friends" and "not officially together." Either way, one thing is for sure: Schwarzenegger likes to play the long game. In a 2011 Details magazine profile, he said of his dating life, "My eye, though, is on Miley." Which is either adorable or creepy. Or adorably creepy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rihanna not too shy to reveal her inner geek



NED EHRBAR
Metro in Hollywood

Rihanna graces the cover of Elle magazine for the fourth time for its December issue, and in honour of that, she sat down for a Q&A session. The resulting piece is full of evidence that Rihanna truly is the Ernest Hemingway of pop stars, using two words where someone like Miley Cyrus would probably use 12. But even with such brevity, her answers are illuminating — terrified of childbirth, loves Michael Bolton's Greatest Hits. Who knew?

Here are some of her more memorable sound bites.

- The answer we don't really believe:
Elle: What do people misunderstand about you?
Rihanna: I'm shy.
- The answer that's not such a huge surprise:
Elle: What's your mantra?
Rihanna: "F— bitches, get money!"
- The answer that solidifies her geek cred:
Elle: The last time you were starstruck?
Rihanna: When I met Aaron Paul at the Spike awards.
- Most unintentionally cringe-inducing answer:
Elle: If you were a piece of jewelry, what would it be?
Rihanna: I'd be a choker!

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the #poutine

#gomoosego
bring the #cup home
in #2015

#movie nite
with the fami ly
#popcorn
#yum

◀B

HEADS UP
■■■■■■■■
HALIFAX

How-to

Get your snowbird ducks in a row

Insurance expert Erin Finn from RSA Canada has some tips for those of you flying south.

1. Make sure the insurance company knows you'll be away for an extended period of time.
2. Have a friend or neighbour keep an eye on your house. In the event of a power outage, frozen pipes can spell disaster.
3. Make sure your travel insurance is up to date. Don't assume credit card travel insurance provides full coverage. Read the fine print.
4. Confirm that your driver's licences, passports and vehicle registration are valid for the entire trip.
5. Carry a list of all medical prescriptions with you, as well as your medical history.

DOUG WALLACE/METRO

Trend

Child-free sun destinations

Leaving the kids with Auntie this season while you jet south? You're not alone.

Adults-only vacation spots are on the rise, with everyone from young couples to retirees getting in on the peace and quiet — parents included. At places like the Dominican Republic's adults-only The Level at the Mèlia Caribe (pictured), you get not just grown-up dining and pools, but a giant swath of beach as well. Not a pail or shovel in sight.

DOUG WALLACE



New

Gansevoort arrives in the D.R.

Gansevoort Hotel Group, of New York's Meatpacking District fame, opens oceanfront resort Gansevoort Playa Imbert in the Dominican Republic next month. Situated on the country's north coast, the new hotel is a step up from the regular resorts in the area, with 48 one- and two-bedroom lofts, plus several multiple-bedroom apartments. Private rooftops, plunge pools, gourmet food and a yoga garden are just a few of the luxe features on tap. Visit gansevoorthotelgroup.com. DOUG WALLACE



Let your nose be your guide through York

Travel is all about experiencing new sensations, including different smells: the fresh fragrance of a grassy meadow, the perfumes wafting from stores and the scent of candles in centuries-old cathedrals. That's why the tourist office in York, England, created the world's first scented visitor's guide. Titled Smell York, the city guide catalogues some of the English city's most distinctive aromas and corresponding tourist attractions. A total of 12 attractions are pictured in the booklet (one for each month), and each image is infused with an associated smell. Tourists simply scratch and sniff to experience the fragrances, which range from rather classic notes such as tea, chocolate and wild fern to a few more unusual odours. In a nod to the legend that York is one of the U.K.'s most haunted cities, the tourist office included a page with "the haunting aromas of ghosts," characterized by rose and sulphur notes. Tourists can also experience the smells of the horse track or the railroad. The Smell York guide is available online for £5 (around \$8) at visityork.org/first-smellyork.aspx. AFP

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JAMAICA HOME OF ALL RIGHT

Five free things to do when you're in Sicily

Sicily is the Mediterranean's largest island and a trip around this triangular-shaped ancient land can be particularly rewarding for those in search of free things to do. Besides Sicily's sights, smells and sounds — the feast of wildflowers in rainy months, colourful street markets, picturesque faces and places around every corner — many of the island's greatest gifts are free.

STORY AND PHOTOS: THE ASSOCIATED PRESS



Mountains

There are three extensive regional parks to explore — those of Mount Etna, and the Nebrodi and Madonie mountains. In each of these reserves there are a wealth of hiking trails, rivers and spectacular gorges to navigate. Many paths skirt the smouldering volcano of Etna, which offers one of the most spectacular free shows on Earth during its frequent eruptions.



The sea

When you think of Sicily, you can't help but imagine the sea. Sicily's coasts are dotted by public beaches and gorgeous quiet spots. Besides the beaches of the main island, Sicily's satellite islands — the Aeolian and Egadi are the easiest to reach — offer stunning oases. To enjoy the sea at its best, go to the protected marine area of the Egadi islands where sea life flourishes.



The Norman Cathedrals

In the Middle Ages, Sicily was conquered by the Normans, bands of northern knights who were leading the Crusades at the time. In Sicily, the Norman kingdom merged northern and Muslim esthetics to create one of Europe's most fascinating architectural styles. Awe-inspiring vaulted ceilings, glass mosaics with rich golden backgrounds transfix visitors. The cathedrals at Monreale and Cefalu are free.



Targa Florio

Sicily remains a great destination to watch open road racing. The biggest of these events is connected to the historic Targa Florio, an open road race begun in 1906 that took racers onto the hair-raising mountain roads near Palermo. The Targa Florio became a celebrated event of daring, but eventually became too dangerous. The event continues as a rally in May where classic and modern cars roar through the narrow mountain switchbacks.



The festivals

Among the biggest and most celebrated festivals in Sicily are those connected to Easter. Trapani's daylong Easter procession — the Misteri di Trapani — is best known for its masses of people, its ornate wooden statues, music and the range of emotions displayed by participants and viewers alike. The hours-long procession evokes everything from frenzy to sorrow to joy as bearers bolster the statues through crowded streets.



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Big business, big deals, big smiles

Career. Believe it or not, it is possible to find delight at your desk

LAKSHMI
GANDHI
Metro in New York City

If you're like most Canadians, you spend most of your waking hours at your workplace — which means that you should try your hardest to make those hours happy ones.

Gretchen Rubin became a best-selling author five years ago with her book, *The Happiness Project*, in which she experimented with different tactics to create a happy life.

"A lot of times with happiness there is a lot of attention paid to big, transformative events like, 'I'm going to climb Kilimanjaro,'" says Rubin. "But it's important to look at ordinary life, the little things you can work in that don't take a lot of time or money."

We recently sat down with Rubin to get her thoughts on simple things workers can do to make their days a little brighter.

Have a work buddy

"When researchers talk to people who are happy at work, one of the most com-



A positive support system is key to keeping your spirits high during a nine-to-five. ISTOCK

Take your lunch break

• Getting some space is important. "When you walk outside and you have some distance, you're reminded that it's not the biggest deal in the world if this guy handed in his report a day late," Rubin points out.

mon things is that they have a friend at work," Rubin notes. It's always nice to have someone to bounce ideas off of and to take coffee breaks with.

Try to find a supportive boss

"Choose your boss carefully, if you can," advises Rubin. "Because having a boss you feel cares about your success is very important to happiness."

Make sure you're comfortable

Literally. "Is your desk the right size?" she asks. "Are you hunching your shoulders so that you are getting a backache every night?" Making little adjustments to your posture and finding a comfortable office chair can make a big difference. "Make sure you are comfortable in your body, because if you are uncomfortable it wears you out," Rubin adds.



When it comes to an ideal company size, there is no right answer. It's important to take time to reflect on your personal and professional priorities to decide what kind of environment might be better for you. ISTOCK

Size matters when managing success

Career. Whether petite or gargantuan, the size of the company you work for makes a professional difference

RIANA
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Have you ever wondered if the size of the organization you work for can affect your career? The answer is that yes, it can.

There are benefits to working at both small companies (generally considered to be businesses with fewer than 100 employees) and large companies (those with more than 500 employees). Mid-sized organizations fall between the two.

Unless you have a concrete reason for preferring one over the other, it's best to apply to companies of all sizes when looking for a job.

Over the course of your career, you'll hopefully get to experience what it's like to work at both large and small establishments. Here are some of the major differences you'll notice:

Levels of responsibility

Those who work at a smaller company may have more individual responsibility than their counterparts at large organizations.

A small staff means that there are fewer individuals responsible for the company's operations, so the share of responsibility is greater.

However, managers at large companies may be responsible for operations at a

higher level — with higher risks and higher potential gains or losses, for example.

In general, a company's size determines how much of a role an ordinary employee has in both the organization's successes and failures. At smaller companies, there's potential for more recognition when things go well — and more accountability when they don't.

Job descriptions

Along with a greater portion of responsibility, employees of small companies also have more varied workloads. One person might be responsible for managing several portfolios or platforms, while someone with a similar background at a larger organization may only be responsible for one or two projects, working as part of a larger team.

There are pros and cons to both. At a large company, you'll likely find a more established internal structure with clear delegation of responsibility and the opportunity to focus intensely on a small number of tasks.

Get to work in a smaller organization, and you'll be responsible for a more diverse and fluid role. This can be great for gaining new experience and growing professionally.

Mobility and stability

Companies with more employees typically have more opportunities for advancement within the organization. These opportunities can be both vertical (moving upwards in the company's management structure) or horizontal (moving into a different department or area at

Take the good with the bad

At smaller companies, there's potential for more recognition when things go well — and more accountability when they don't.

a similar level).

In comparison, staff at smaller companies can be more stable — it's less likely that employees will change positions internally so unless they decide to leave the organization, the company's internal structure is not going to change as often.

Employee benefits

Large companies can sometimes offer their employees more comprehensive benefits and higher salaries because they generally have the resources to do so.

However, working in a smaller office can come with other perks.

Organizations with fewer employees might have more personal staff outings and get-togethers or celebrate birthdays or holidays, for example, which can strengthen team dynamics and create an environment where employees genuinely enjoy working together. It's also much more common for employees of small (or new) companies to own equity in the company, which means their hard work is directly tied to an increase in value.

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Ham it up: Pork enhances gnocchi

Creamy Pork Strips and Gnocchi Bowl.

Chewy potato dumplings get served up with tender pieces of meat in a broth



DINNER EXPRESS
Emily Richards
food@metronews.ca

November is the unofficial start of comfort food season.

This Creamy Pork Strips and Gnocchi Bowl dish is light and brothy with the creamy gnocchi as its star.

You will find freshly packed gnocchi in any grocery store or Italian deli. Spelt gnocchi is now available to those missing out who need an alternative.

You can always keep gnocchi on hand to enjoy as a side dish, as part of a dish like this one or in your hearty stews instead of potatoes.

Ingredients

- 1 1/2 lbs (750 g) boneless pork loin chops or boneless skinless chicken breasts
- 1 tsp (5 ml) dried thyme
- 1/2 tsp (2 ml) dried oregano
- 1/4 tsp (1 ml) freshly ground pepper
- 2 tsp (10 ml) vegetable oil
- 1 pkg (8 oz/227 g) mushrooms, quartered
- 1 onion, finely chopped
- 2 clove garlic, minced
- 1 1/4 cups (300 ml) sodium reduced chicken or vegetable broth
- 1 pkg (500 g) fresh potato gnocchi
- Half red pepper, diced
- 2 tbsp (30 ml) chopped fresh Italian parsley

FLASH FOOD



From your fridge to your table in about 30 minutes or less

if necessary on all sides, about 5 minutes. Remove to plate.

3. Add mushrooms, onion and garlic to skillet and cook stirring over medium heat for about 5 minutes or until browned. Pour in broth and bring to boil over medium high heat.

4. Return the pork strips to the skillet and cook them over medium low heat for about 3 minutes or until pork has a hint of pink inside.

5. Meanwhile, in large pot of boiling water, cook gnocchi for about 5 minutes or until they float to the top and are tender. Using slotted spoon, scoop out gnocchi and let drain well and add to sauce in skillet. Repeat with all the gnocchi. Add red pepper and parsley and toss to coat.

1. On cutting board, trim fat off pork chops and cut crosswise into thin strips; place in bowl. Add thyme, oregano, pepper and toss to coat evenly.

2. In large, deep non-stick skillet heat oil over medium high heat and brown pork in batches



This recipe makes six servings. EMILY RICHARDS

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Curtis Glencross of the Flames roughs up the Capitals' Alex Ovechkin on Tuesday night in Washington. ROB CARR/GETTY IMAGES

Flames spoil Ovie's momentous night

NHL. Sniper becomes Capitals' all-time leading scorer, but Monahan tallies in OT

Alex Ovechkin became the leading scorer in Capitals history, raising his career point total to 827 with a pair of assists in Washington's 4-3 overtime loss to the Calgary Flames on Tuesday night.

Sean Monahan scored the winning goal for Calgary at 4:17 of the extra period after the Flames tied it late in regu-

On Tuesday	
4	3
Flames	Capitals

lation.

Washington has lost five straight since winning at Calgary on Oct. 25.

Ovechkin moved atop the scoring list when his shot from the left point was deflected by Nicklas Backstrom through

the legs of goalie Jonas Hiller at 10:18 of the first period.

That broke a tie with Peter Bondra, who stood and cheered from the owner's box as Ovechkin raised his arms in triumph.

Bondra needed 961 games to reach 825 points; Ovechkin was playing in his 691st game.

"I am happy for Alex. It is well-deserved," Bondra said after the second period. "It was a matter of time, actually."

Moments after Ovechkin reached the milestone, the scoreboard showed a montage of his memorable moments in a Capitals uniform. As the

sellout crowd chanted "Ovie! Ovie!" he waved to acknowledge the ovation.

The 29-year-old Ovechkin, a native of Moscow, has 428 goals and 399 assists.

His second assist came at 14:23 of the second period, when Joel Ward scored during a two-man advantage to make it 3-2.

Calgary forced overtime with a goal at 14:50 of the third period when a clearing attempt on a shot by Markus Granlund went off the skate of Washington's Troy Brouwer and into the net.

THE ASSOCIATED PRESS

Court documents

A-Rod's cousin given \$1M for silence on PED use

The U.S. government says New York Yankees star Alex Rodriguez gave his cousin nearly \$1 million last year to keep secret Rodriguez's use of performance-enhancing drugs.

In court documents filed last week in Miami, federal prosecutors said Rodriguez made four wire payments totalling \$900,000 US between June 2013 and September 2013 to settle a threatened lawsuit by Yuri Sucart, who had worked as Rodriguez's personal assistant. The total value of that settlement could be nearly \$2 million, when factoring in other elements of the deal such as a home, a car and insurance.

THE ASSOCIATED PRESS

NHL

Senators hang on to ground Wings

Erik Karlsson had a goal and an assist Tuesday night as the Ottawa Senators beat the Detroit Red Wings 3-1 in Ottawa.

Patrick Wiercioch's first goal of the season was the game-winner as he moved in from the point and beat Jimmy Howard with a wrist shot with less than six minutes to play.

Clarke MacArthur scored into an empty net in the final minute to secure the Senators (6-3-2) the win.

Henrik Zetterberg had the lone goal for the Red Wings (6-3-3).

THE CANADIAN PRESS

Raptors lay beating on ailing Thunder



The Raptors' Greg Stiemsma fouls Nick Collison of the Thunder on Tuesday night in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

DeMar DeRozan scored 16 points, and Lou Williams had nine of his 12 points in the fourth quarter as the Toronto Raptors defeated the injury-riddled Oklahoma City Thunder 100-88 on Tuesday.

Patrick Patterson had 14 points and eight rebounds, while Tyler Hansbrough had 12 points, and Greivis Vasquez finished with 10 for Toronto (3-1), which was missing Amir Johnson for the second straight game (sore ankle).

Serge Ibaka carried Okla-

On Tuesday	
100	88
Raptors	Thunder

homa City (1-4), which dressed just eight players and was missing — among others — Kevin Durant and Russell Westbrook. Ibaka played a whopping 46 minutes, scor-

ing 25 points and grabbing 11 rebounds.

Raptors coach Dwane Casey had predicted the game would be a "nightmare," and he clearly knew what he was talking about as the Thunder led for almost the entire first half, and were in the game until the dying minutes.

"They're dangerous. It's a wounded animal and Scott (Brooks, the Thunder's head coach) is going to have those guys playing hard. So it's not lost on me at all," Casey said pre-game. THE CANADIAN PRESS

Peterson avoids jail in abuse case

NFL. Vikings star RB pleads no contest to misdemeanor, sentenced to probation

Minnesota Vikings star Adrian Peterson avoided jail Tuesday by reaching a deal with Texas prosecutors to resolve a child abuse case that revived a debate about corporal punishment.

Peterson was sentenced to a form of probation after pleading no contest to a misdemeanor charge of reckless assault for using a wooden switch to discipline his four-year-old son.

It was not immediately clear how the plea deal would affect his playing status or whether he might be subject to a new NFL policy that calls for a six-game suspension without pay for a first domestic violence offence.

The All-Pro running back was indicted in September on a felony charge of injury to a child after the incident earlier this year in suburban Houston. He has been on paid leave under a special exemption from NFL commissioner Roger Goodell.

"I stand here and I take full responsibility for my actions. I love my son more than anyone of you could even imagine and I'm anxious to continue my relationship with my child,"



Adrian Peterson speaks outside the courthouse on Tuesday in Conroe, Texas. GETTY IMAGES

Punishment

Adrian Peterson had tentatively been set to go on trial Dec. 1. If he had been convicted of the felony charge, he could have faced up to two years in prison and a \$10,000 fine. Instead, he received two years of deferred adjudication, a form of probation. He was fined \$4,000 and must complete parenting classes and perform 80 hours of community service.

Peterson said outside the courthouse after accepting the plea deal.

"I'm just glad this is over," he added. "I can put this behind me, and me and my family can continue to move forward."

He was not allowed to be near his son while the case was pending, but now can resume having contact with the boy.

THE ASSOCIATED PRESS



Real Madrid drop Liverpool

Liverpool midfielder Raheem Sterling chases Cristiano Ronaldo during a Champions League match on Tuesday at Santiago Bernabéu Stadium in Madrid. Liverpool held Ronaldo off the scoresheet, but Real Madrid won 1-0 on Karim Benzema's 27th-minute strike. Scan the image with your Metro News app for a roundup of the other seven Champions League matches from around Europe on Tuesday. SHAUN BOTTERILL/GETTY IMAGES

MLB

Another Gold Glove for Molina

St. Louis catcher Yadier Molina has won his seventh Gold Glove in a row while three players from both the Kansas City Royals and Baltimore Orioles have been honoured for fielding excellence.

Rawlings announced the winners Tuesday.

THE ASSOCIATED PRESS

CFL

Playoffs slipping away from Argos

It looks like the Toronto Argonauts will have to make their playoff push without Ricky Ray.

The quarterback is doubtful for Friday's must-win home game against Ottawa after suffering a concussion in Sunday's 17-14 road loss to the Montreal Alouettes. THE CANADIAN PRESS



Argos quarterback Ricky Ray GETTY IMAGES

New skip in town



"I have no doubt this is where I'm supposed to be."

New Twins manager Paul Molitor, who was introduced in Minneapolis on Tuesday. Molitor, who won a World Series with the Blue Jays in 1993, is just the third Twins manager since 1986.

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2014 Ford Transit Connect

- **Type.** Three- or four-door, compact cargo van
- **Engines.** 2.5-litre 4-cylinder (169 hp), turbocharged 1.6-litre 4-cylinder (178)
- **Transmissions.** Six-speed automatic
- **Price.** \$28,699 base, \$30,899 as tested

Market position

The first-generation Transit Connect essentially started the small, purpose-built work van segment in Canada. This new generation now faces competition, including some with lower starting prices, which will give buyers even more choices.

Points

- The Transit Connect can carry up to 780 kilograms (1,720 lb.) and, when properly equipped, tow up to 907 kilograms (2,000 lb.).
- The front passenger seat folds flat, to accommodate cargo up to 2,969 mm long.
- Ford works with suppliers who can outfit the van with shelves, partitions, refrigeration units, bins and other specialized systems.



The rear doors open 180 degrees for easier loading.

Interesting features

Rear doors open up to 180 degrees; capless fuel filler; overhead storage shelf; available electric windshield defroster; auto-dimming mirror; backup camera; remote starter.

Sometimes, smaller is better

PHOTOS: JIL MCINTOSH



Compare



1 Nissan NV200
Base price: \$23,448
Available as a passenger vehicle, this well-executed van is the official taxi of New York City.



2 Chevrolet City Express
Base price: \$25,995
A shared version of the Nissan NV200, the City Express features specific trim and interior features.



3 Ram ProMaster City
Base price: TBA
This upcoming van is based on the Fiat Doblo and will include a nine-speed automatic transmission.

Review. Transit Connect is ideal for companies or families that don't need a full-sized van

JIL
MCINTOSH
drive@metronews.ca

You've probably heard that you should always use the right tool for the job. For work trucks, that often means a smaller van for smaller jobs.

But Canadian companies had few options until 2010, when Ford introduced its European-based Transit Connect.

That model is completely updated for 2014. It now looks and drives better, and comes with more features.

There's also a passenger version that Ford intends as an alternative to the minivan.

The base engine is a 2.5-litre four-cylinder, starting at \$28,699 in XL cargo van trim. My top-line XLT tester, which starts at \$30,099, was further optioned with a turbocharged 1.6-litre EcoBoost four-cylinder, which adds another \$800.

The idea behind EcoBoost is you get smaller-engine fuel efficiency under light load, but when needed, the turbo kicks in to provide bigger-engine power. It runs on regular-grade fuel and I averaged 9.9 L/100 km in it.

As you might expect from a vehicle that's also intended for personal use, the Transit Connect handles well and doesn't feel tippy, despite its height. It can be ordered with



The dash and centre stack bear some resemblance to Ford's passenger cars.

one or two sliding side doors, and with twin rear doors or a liftgate.

Standard features on the cargo van include air conditioning, keyless entry, and a tilt-and-telescopic steering

wheel. The dash and centre stack bear some resemblance to Ford's passenger cars, and mine came with such amenities as a navigation system, satellite radio, and backup camera. It looks good, but it

could use more small-item storage space, since there aren't many places to stash all the loose stuff that's needed for a typical workday.

Ford also offers a full-size van, the new Transit, which replaces the outgoing E-Series (Econoline) van. But many businesses don't need something that big.

For small companies such as caterers, florists and light-duty deliveries or repairs, the Transit Connect is the right size, as well as being far more manoeuvrable in tight city spaces.

It took a long time for these European-style vans to get here, but we've now learned that small can be beautiful.

5 DRIVE



Co-created by actor Keanu Reeves, the ultralight 122-hp Arch KRG-1 motorcycle starts at \$78,000. AFP

Motorcycles. Keanu Reeves finally reveals his custom two-wheelers

In 2007, Canadian actor Keanu Reeves (*The Matrix*) co-founded Arch Motorcycle Co. with designer and engineer Gard Hollinger.

Now the venture is launching its first production model, the Arch KRG-1, based on a concept un-

veiled in 2012.

Unequivocally sporty, the Arch KRG-1 boasts a 2,032 cc S&S Cycle V-Twin engine (122 hp) paired with a six-speed Baker Drivetrain transmission.

The model has a chassis in aluminum and steel, BST

wheels in ultralight carbon fibre, and Ohlins suspension.

With a starting price of \$78,000, the KRG-1 can be purchased directly from the company's website at archmotorcycle.com.

AFP



The AeroMobil is now being tested in real flight conditions. AFP

Technology. Flying car that runs on regular gas is 'very close to finished'

The AeroMobil 3.0 flying car has been unveiled, and it takes off quicker than ever.

Revealed at the Pioneers Festival in Vienna, the latest prototype of the vehicle features significant improvements and upgrades since its last version.

The machine, which its designers say is "very close to the finished product," is now being tested in real flight conditions.

Designed and manufactured in just 10 months, the car is about the same size as a limousine or a large luxury sedan, and can be parked in regular parking spots in cities. It runs on standard gasoline and can be fuelled at regular gas stations.

"I believe AeroMobil will inspire new ways of thinking

Video link

For a YouTube video of the AeroMobil in flight, go to bit.ly/1rWho44.

about personal travel," says CEO Juraj Vaculik. "It may really enable new ways of travel, advancing it to a new level. We are set to reinvent the flying car without constraints and deliver excitement through unique technical solution and design."

The Slovakian invention has been in development since 1989, when Stefan Klein began working on a concept of a flying car. He was joined by Vaculik in 2010 and the pair embarked upon commercializing the project. AFP



The AeroMobil collapses to the size of a limousine for road use. AFP



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[illegible]

Q45: 1989-2006

Nissan dreamt up its high-end division in the mid-1980s, establishing a clandestine taskforce code-named Horizon. The curve-hugging embodiment of those efforts, the flagship Q45, was introduced at the 1989 Detroit auto show. The rear-wheel-drive luxury sedan with all-multilink suspension and a 278-hp, 4.5-litre V8 struck a chord.

Mouthpiece: Infiniti's nascent commercials were high-concept affairs, featuring flocking geese and rippling ponds. After enduring talk-show ribbing, the company shifted gears. When the second generation rolled out, Jonathan Pryce's Welsh wiles, wit, and mambo moves spun pure brand-affinity-building gold.



Jonathan Pryce

J30: 1992-1997

Nissan's rock-star designer Jerry Hirshberg envisioned the J30's rounded contours — a stark contrast to the wedge-shaped vibe that was then in vogue. Prima ballerina Karen Kain owned one — a testament to its grace — and when the model was discontinued, she graduated to its successor, the i30.

Mouthpiece: "Hey pal ...don't you even think about it." Only Michael Douglas, with years of playing the proto-typical yuppie to draw on, could deliver the line with just the right amount of Me Generation disdain.

The subject of his animus is a woodpecker peering into the J30's cabin, longingly admiring the burl wood trim.



Michael Douglas



The G37 Cirque du Soleil art car marked Infiniti's 20th anniversary. INFINITI

Milestone. Infiniti brand marks a quarter-century of pitch-perfect pipes

MIKE
DOJC

drive@metronews.ca

When Nissan introduced its Infiniti luxury brand in 1989, it was up against some stiff competition from established German brands BMW and Mercedes.

To help build cachet, the Japanese automaker created cars with a distinct throaty roar more in tune with six-figure sports cars. It then turned to a series of equally throaty celebrities to act as spokesmodels to boost

Infiniti's brand recognition among potential buyers.

In honour of its 25th anniversary, we look back at four of Infiniti's most iconic models, and the stars whose pipes helped sell them.

Infiniti's next model may be the Q50 Eau Rouge, a 560-hp all-wheel-drive super sedan concept. If it goes ahead, it will need a spokesmodel who can convey the car's combination of supple suspension, breakneck speed, and icy-veined composure. Sounds like a job for Scarlett Johansson.

M Series (Q70) 2002-present

When you bestow a car with the same sobriquet as Ian Fleming's M16 honcho, it had better be as intelligent and refined as Dame Judy Dench. The 2011 model introduced blind-spot intervention, then a novel feature enhancing mere warning alerts with selective braking.

Also new on that model was the Forest Air system, with sensors to prevent unsavory scents from invading the cabin.

Mouthpiece: "Have you driven a car with pure silver dust hand-polished into the wood?" Only Liev Schreiber's vocal cocktail could read that line and win you over.



Liev Schreiber

G37 (Q-40) 2008-present

The nimble G37, available as both a sport coupe and sedan, has risen up the luxury board to contend with the BMW 3 Series.

The ability to clip apexes while navigating a winding mountain pass at high speeds is a premium car's bread and butter.

In honour of Infiniti's 20th and Cirque du Soleil's 25th anniversary, Heidi Taillefer hand-painted a G37 to reflect its intricate mechanics and contortionist grace (photo).

Mouthpiece: Former Black Flag frontman Henry Rollins apparently landed the gig as a narrator on his authoritative pipes alone.



Henry Rollins

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Bigger is better for F-150 power plants

Second gear.

2009 to 2014
Ford F-150

JUSTIN
PRITCHARD

drive@metronews.ca

The new-for-2015 F-150 will be hitting dealer lots soon, meaning the 2009 to 2014 generation has just about transitioned into used-truck territory.

Shoppers will find plenty of selection, thanks to a model range that included several body styles, engines, drivelines, trim grades, options packages and special-edition models.

Look for six- or eight-cylinder power, two- or four-wheel drive, and units equipped from work-truck grade to luxury towing rig.



CONTRIBUTED

Common Issues

Be sure to confirm that the electronic 4x4 system, if equipped, shifts into and out of each mode without warning lights or undue waiting. If you note any issues, further investigation is needed.

Many older models will need some degree of attention to the suspension system. A mechanic can quickly ascertain its needs with the truck on a hoist.

While test-driving, listen for unwelcome popping, clunking or clicking sounds beneath

the truck, which could indicate worn-out suspension parts.

Other checks should include confirming that the SYNC infotainment control system is working properly.

Check the rear headliner for signs of a water leak at each corner. Dampness, a smell of mildew or moisture staining indicate that water is leaking in around the rear glass, or, more likely, the brake light.

Also, do not buy an EcoBoost model without a full scan of the computer for stored trouble codes.

What owners like



F-150 owners tend to report positively on highway ride quality, cabin flexibility, all-terrain traction, advanced feature content (if equipped), generous storage space and plenty of performance from the larger engines.

What owners dislike



Common complaints include ride quality that deteriorates over rougher surfaces, and heavy fuel consumption in units with the older engines.

Engines



Engine options in 2009 were carry-overs: a 5.4-litre V8 with 320 hp, and a 4.6-litre V8 with 248 or 292. From 2011 on, look for the new 3.7-litre V6 with 302 hp, a 5-litre V8 with 360, and a 6.2-litre V8 with 411. The EcoBoost engine is a 3.5-litre V6 with twin turbo, good for 365 hp and nearly as much torque as the 6.2-litre V8.

The verdict

In any case, and especially with an EcoBoost model, a prepurchase inspection by a mechanic is strongly advised for maximum peace of mind. Note that many owners say the five-litre V8 hits the mark very well for power, reliability and efficiency.

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November 5

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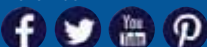
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SCCH396273

BETWEEN:

BLOOM GREENHOUSE AND GARDEN CENTRE LTD.

CLAIMANT

DAN CALDA, CARRYING ON BUSINESS AS SEABRIGHT GREENHOUSES

DEFENDANT

NOTICE OF PUBLIC AUCTION

WHEREAS a judgment in favour of the Claimant against the Defendant dated the 17th day of July, 2012, was recorded at the Land Registration Office for the County of Halifax, Province of Nova Scotia, on the 24th day of August 2012, as Document No. 101403633;

TO BE SOLD AT PUBLIC AUCTION pursuant to the provisions of the *Sale of Land Under Execution Act* and an execution order issued by the Small Claims Court of Nova Scotia on the aforesaid judgment, unless before the time of sale the amount due to the plaintiff on the judgment, plus costs attendant on the sale (including legal fees and disbursements) are paid:

PROPERTY: ALL that certain parcel of land known as Lot 3B, Craigmore Drive, Halifax, Halifax County, Nova Scotia, also described as PID 40179202, and more fully described in Deed recorded at the Land Registry Office for Halifax County as Document No. 14658 in Book 6040 at Page 739. This parcel has not been registered pursuant to the *Land Registration Act*

A copy of the description of the property is on file at this office and may be inspected during business hours.

DATE OF SALE: Friday, November 7, 2014

TIME OF SALE: 12:00 o'clock noon local time

PLACE OF SALE: Sheriff's Office at The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia B3J 1S7

TERMS: 10% deposit at the time of sale (payable by cash, certified cheque, or solicitor's trust cheque), remainder within 20 days upon delivery of deed.

Dated at Halifax, Nova Scotia, this ____ day of September, 2014.

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Burchell MacDougall
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Wolfville, NS B4P 2A1
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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Something that seemed so simple a few days ago now looks complicated. Maybe it is, or maybe it's just your mind. Either way, don't make any hasty decisions today.

♉ Taurus

April 21 - May 21

The more time and effort you pour into a certain situation the worse it appears to get. Why not take the hint and back off?

♊ Gemini

May 22 - June 21

According to the planets you are working too hard and need to take a break. Everyone needs time to relax and you need it more than most right now.

♋ Cancer

June 22 - July 23

It may be tempting to go beyond what you know you are capable of but the planets warn your calculations could easily be wrong — and that could be costly in more ways than one.

♌ Leo

July 24 - Aug. 23

Certain areas of your private life may be chaotic but that is no reason to change everything. Focus on one task at a time today and don't let domestic worries detract from equally important issues.

♍ Virgo

Aug. 24 - Sept. 23

Your assumptions about what is right and wrong will be challenged today. You may need to change what you believe in.

♎ Libra

Sept. 24 - Oct. 23

Today's Sun-Uranus link warns that changing things for the sake of it is both foolish and dangerous. If something isn't broken then why try to fix it?

♏ Scorpio

Oct. 24 - Nov. 22

A difficult situation is set to continue for some while yet. Changes may be worrying but in the long-term you will be glad you were forced to move in a new direction.

♐ Sagittarius

Nov. 23 - Dec. 21

Why are you so determined to look on the gloomy side of life? No doubt it has something to do with cosmic activity in the most sensitive area of your chart but you don't have to worry.

♑ Capricorn

Dec. 22 - Jan. 20

Resist the urge to make snap decisions today. The Sun at odds with Uranus means you should proceed with caution, in your private life and at work.

♒ Aquarius

Jan. 21 - Feb. 19

Certain things are going out of your life and, if you are sensible, you will speed them on their way. The new is invariably more rewarding than the old.

♓ Pisces

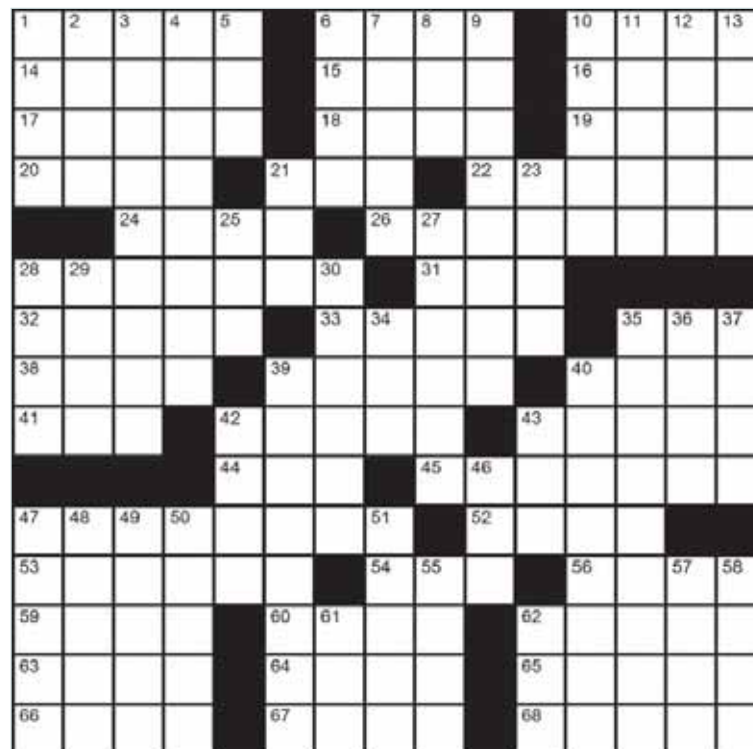
Feb. 20 - March 20

The planets warn that your critical faculties are not what they should be at the moment, so try not to get too excited if certain people make you remarkable offers.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. 'Piece of My Soul' singer from Sherbrooke
6. Vegetable variety
10. Smudge
14. Music's Lisa, and surnamesakes
15. Opera voice
16. Role for Canadian actress Kristin Kreuk on "Smallville", ___ Lang
17. ___ it goes (There you have it): 2 wds.
18. Very: German
19. Against
20. Financial woe
21. Electrical resist-ance unit
22. ___ Inlet, Nunavut
24. Glorify
26. National Enquirer breaking stories
28. Like a newborn baby bird's egg
31. New Wave singer Adam
32. Use a bike
33. G's spelled-out follower
35. Compass dir.
38. Lynn ___ (Manitoba town)
39. Air conditioners company
40. Network for Ed Grimley
41. Mag. edition
42. Red Hot ___ Peppers
43. Chevrolet SUV model
44. ___ Tin Tin



45. Actor Ron
47. Thoroughfare in Vancouver, ___
52. May, in Lisbon
53. "Alas, poor ___! I knew him, Horatio..." - Hamlet
54. Adele's "Rumour ___ It"

56. Null and ___
59. Music key, ___
60. Wild goat
62. The Great ___, "The Flintstones" alien
63. Sword sort
64. Not yet final, at law
65. Pitching ___

- (Camper's task)
66. Also-___ (Runners-up)
67. Departs
68. Not nos
- Down**
1. Beaming
2. The best
3. Ottawa's CFL foot-

- ball team
4. Hindrance
5. Mil. entertainment presenter
6. #9-Down's "Reign" role
7. Chemistry: Ca and Fe, e.g.
8. Ordinal suffix

9. Mr. Coombs, Vancouver-born actor
10. Boring
11. Sri ___
12. Up to
13. Precipitations
21. Lyric poem
23. Literary collection [abbr.]
25. Baby guitar
27. Feline's treat
28. Nero's 251
29. Scandinavian rugs
30. "Beyond the Sea" singer Bobby's
34. 'President' suffix
35. Hobnobs
36. Ancient colon-nade
37. Fifty-fifty
39. Ed Sheeran's "___ Out Loud"
40. Drool
42. Dundee's fave reptile
43. ___la-la
46. Bad ___ (German spa resort)
47. Actress Winona
48. ___ Loompa
49. Conan O's missing bit
50. Trigonometry ratios
51. Guess Who's "___ Eyes"
55. Allies foe in WWII
57. Ms. Skye of "Say Anything..." (1989)
58. Points
61. ___ Oil (Skincare brand)
62. ___ Lea (Canadian dairy products brand)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	4	1	6	9	8	7	2
8	7	1	2	5	3	9	4	6
9	2	6	8	7	4	3	1	5
2	8	3	5	9	1	4	6	7
1	4	9	6	8	7	5	2	3
5	6	7	4	3	2	1	9	8
4	1	8	7	2	5	6	3	9
6	3	2	9	1	8	7	5	4
7	9	5	3	4	6	2	8	1

Conceptis Sudoku

By Dave Green

8		5				3		
	6		7		5		2	
		2				5		
	2		9		1		3	7
				6				
	9	8	3	4	7	2	5	
		4				6		
		3				8		
			8	2	9			

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